

# WOW News



## Hello S.O.M. employees,

**Employee Health & Wellness (EHW) is seeking volunteers to share 'success' stories about your journey to wellness. Some ideas are:**

- **Have you gotten fit?**
- **Have you lost weight ?**
- **Have you reduced stress?**
- **How about quitting smoking?**
- **Have you managed diabetes?**
- **Are you eating healthier?**

**With your approval this story will be published on the EHW website:**

**WOW—Working On Wellness.**

**This is confidential. Names will not be used.**

**True stories are very inspiring. Other employees would like to hear your story.**

**Please contact Employee Health & Wellness (EHW) @1-800-505-5011 or e-mail us at [MDCS-WOW-Working On Wellness@michigan.gov](mailto:MDCS-WOW-Working On Wellness@michigan.gov)**

**JULY 2004**

[America On The Move](#)

[Keep Healthy Under Stress](#)

[Men's Health](#)

[Pedometer Discount](#)

[Fitness Club Discounts](#)

**There's More.....**

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The Depart. of Treasury's Wellness Team at the Secondary Complex in Diamondale (left to right) is Linda Worden, Mattie Blair, Leah Mahaffy and Esther Lopez. Missing is Lori Parr.

**On 4/26/04 the Department of Treasury kicked-off 6 Weeks to Wellness.** 139 employees, either as teams or individuals, participated in the

program from 13 in-state and 5 out-state offices. Each person paid \$5 to enter, and everyone received a free water bottle. T-shirts with the 6W2W logo were sold. Each participating worksite had a table of literature urging a healthy lifestyle. The top 5 winners in each category (individual or team) were given prizes.

**CHEERS to Treasury for its promotion of worksite wellness!!**

**6 Weeks to Wellness** is a worksite program designed to help people become more aware of personal habits and to provide guidelines to help improve one's lifestyle. Healthy habits earn points as follows:

- ♥ 1 point for 15 continuous minutes of physical activity.
- ♥ 1 point for eating 2 servings of fruit daily.
- ♥ 1 point for eating 3 servings of vegetables daily.
- ♥ 1 additional point daily if ALL fruit & vegetable servings are eaten.
- ♥ *Extra points* can be earned for:
  - ♥ Eating daily 30% or less of calories from the fat group.
  - ♥ Eating a minimum of 20 grams of fiber daily.
  - ♥ Eating breakfast including 3 food groups.
  - ♥ Community service work.
- ♥ 1 point daily for personal goal options; choose 3 behaviors (from a list in the 6W2W guidebook) that you will work on during the 6 weeks.

**To obtain a kit on 'how to do' a 6 Weeks to Wellness program, please e-mail Employee Health & Wellness:**  
[MDCS-WOW-WorkingOnWellness@Michigan.gov](mailto:MDCS-WOW-WorkingOnWellness@Michigan.gov)

- ★ The **Department of Environmental Quality/DEQ** has ongoing/year around
- ★ **wellness activities**. One part of their program is an "intranet wellness &
- ★ **activities" website**: (feel free to visit)

**<http://10.13.32.228/Divisions/Wellness/index.htm>**

★ The DEQ "Wellness Warriors" participated in their 1st ever WELLNESS  
★ TRIATHLON on May 6, 2004.

- First leg of the event = climbing 7 flights of stairs.
- Second leg = Stretches and mild body moves, and walk down the stairs.
- Last leg = Walking around the building twice.

- ★ This was not a timed event. Finishing & fun were the ultimate goals.

★ DEQ celebrated the completion of SPRING INTO WELLNESS, 6 Weeks to  
★ Wellness with a healthy salad luncheon, and prizes. Future events include:  
★

- July fund raiser; a parachuting, plastic army figures competition.
  - Golf outing.
  - Canoe trip.
  - Health Fair in November.
  - Brown bag lunches.
- Congratulations*

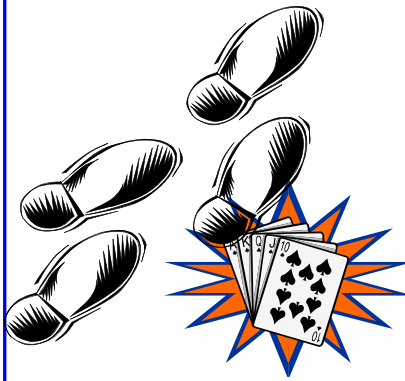
*Congratulations!*

*DFQ deserves a big applause upon its continued success in urging employees to  
WW-Work On Wellness!*




Hey worksites,

If you have wellness teams, please tell us about your activities: [MDCS-WOW-WorkingOnWellness@Michigan.gov](mailto:MDCS-WOW-WorkingOnWellness@Michigan.gov)



# FITNESS POKER WALK

## @ the Legislative Service Bureau



The card hand was a matter of chance, but the odds of improved fitness were a sure bet for the 50 LSB employees who participated in the Fitness Poker Walk on May 19, 2004. The 1.5 mile walk was held to commemorate National Employee Health & Fitness Day. The winning poker hand was '4' jacks collected during the walk by Lorna Mosley of the Legal Division, who was awarded a fruit basket also containing granola bars, and a deck of cards.

## Legislative Service Bureau Wellness Activities

LSB employees are working to improve wellness through guidance from activities sponsored by the Wellness Works Committee. The goals of the committee are to:

- Promote a wellness environment within the Legislative Council.
- Organize educational programs on health and wellness, and
- Distribute information related to the physical & mental well-being of employees.

The committee distributes a monthly newsletter filled with health tips and recipes, and also maintains a website that lists current wellness news and events in the Lansing area.

"I'm pleased with the success of the Wellness Committee and the high number of employees we have participating in wellness activities," said Bureau Director Elliott Smith. "We want to do everything we can to promote wellness, no matter how small, to help our employees lead happier, healthier and more productive lives."

**WALK 100 MILES IN 100 DAYS** is a program launched March 24th by the LSB to promote the benefits of walking. Over 60 participants formed teams to encourage each other to walk at least seven miles a week for the duration of the 14-week program. Each week employees report their mileage to their team captain, and the weekly totals are posted on the wellness intranet. At the end of the 100 days on July 1, a winning team will be randomly chosen from all of the teams where 100% of the members achieved the 100-mile goal.

"This program has become a fun and friendly competition among our employees," says Wellness Team Leader Kim Nixon. "Several teams reached the 100-mile goal within a few weeks of starting the program, and are now competing amongst each other to see which team can achieve the most miles."

The committee mapped out a downtown (Lansing) walking route, which many employees use for their daily lunchtime walk. "This program has inspired many employees to start walking both at home and during the workday," Nixon says. "The one-mile-a-day goal is an easy one to achieve. There are many individuals who walk an average of 10-15 miles each week."



## WOW's Contest and FREE Drawing for 07/04

All State of Michigan employees are eligible.

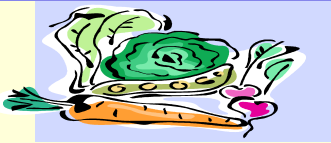
- Send your answer by the WOW e-mail link provided:

**MDCS-WOW-WorkingOnWellness@michigan.gov**

- The names of employees giving the "correct" answer will be put into a monthly drawing for one FREE gift.
- Each month one new winner will be chosen; sorry an employee can win only once.

**July 2004's question is:** What is the leading cause of heart disease, cancer, & stroke according to the article "the weighty truth"?

The answer is in July's WOW.



### Vegetable Wraps with Chicken and Hummus

- 1 cup diced cooked chicken
- $\frac{1}{2}$  cup chopped cucumber
- $\frac{1}{2}$  cup chopped red bell pepper
- $\frac{1}{2}$  cup chopped raw sugar snap peas
- $\frac{1}{2}$  cup hummus
- 4 wraps or flour tortillas
- $\frac{1}{2}$  cup chopped arugula (a leafy green)
- 4 lettuce leaves (leaf or butter lettuce works best)

#### Nutritional Analysis per serving:

190 calories  
3 g fat  
16% calories from fat  
1 g saturated fat  
5% calories from saturated fat  
25 g carbohydrates  
355 mg sodium  
10 g dietary fiber

1. Combine the chicken, cucumber, bell pepper, peas, arugula, and hummus in a bowl. (You can add different vegetables according to the season and your family's preferences.)
2. Lay the wraps on the counter and cover each with a lettuce leaf. Divide the vegetable mixture among them and spread, leaving at least a half-inch border around the edge. Roll up tightly, tucking in the edges as you roll. Cut in half and wrap in plastic food wrap.

Serves 4 —provides  $1\frac{1}{2}$  vegetable servings per person.